YEARLY CHECK-UPS & DOCTOR'S VISITS

Yearly visits to the doctor can help you manage your health and ensures you are around for your family and friends for years to come. A visit to the doctor does not have to be stressful.



Plan before your doctor's visit: $\hfill\Box$ Take a list of questions with you to your visit ☐ Know your health info ☐ Keep a diary to track any problems or concerns about your health ☐ Make a list of all medications you are currently taking CURRENT MEDS: ______

HEALTH ISSUES:		 	
CONCERNS:			

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SYMPTOMS:	 	
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QUESTIONS:	 	
NEXT APPOINTMENT DATE:		

Patient Intake:

What will you be asked and why?

You will be asked for your contact info, health plan, and past health info. This helps the doctor learn more about your health history and where your health is now so that they can advise and treat you.



In many cases, office staff are ready to help you fill out healthcare forms so that the the doctor and healthcare team can have as much info as possible. By having all your info your doctor will be able to give you the best care.

PHYSICIAN/HEALTH CENTER/DATE OF VISIT:				

Building a partnership with your physician & healthcare team

A good bond with your doctor takes being honest and clear. Ask the right questions about your health to get info you need about concerns you have. Asking the right questions lowers the risk of errors from occurring and leads to better health.



PHYSICIAN:	 	 	
HEALTH CENTER: _			
DATE OF VISIT:			

During Your Visit

Ш	It's ok to tape-record your visit, take notes or bring a friend or family member with you
	Keep your talk focused to make sure to cover your main questions and concerns. These are any issues you may have and how they impact your life
	Ask your doctor to clear up anything you don't understand
	Let your doctor know if you are seeing other doctors
	Share info about any recent health tests your doctor may not know about

Questions to ask about a health issue.

☐ Should I make any life changes?

☐ What is the care for my health issue?

O How good has this care been with others?

O When will care start, and how long will it last?

O Are there any risks tied to this care?

O What can I gain from this care?

$\ \square$ What is my health condition?	
☐ What has caused my health issue?	
☐ Can my health issue be treated?	
☐ How will this health issue change my health?	
☐ What should I expect?	

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	Are there limits to this care that have to do with food or things I like to do?	
	O Are there other choices I can pick from?	
	Will my care involve any drugs and if so, what should I do if I miss a dose?	
Quest	ions to ask about medicine.	
	How long will I need to take this medication?	
	How will this medicine help me?	
	Are there any side effects?	
	Do I have to take this medicine with food?	
	Have others used this medication?	
	Will this medication interact with other medicines I take?	
	What should I do if I have a bad reaction to this medicine?	
	What will happen if I miss a dose?	
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